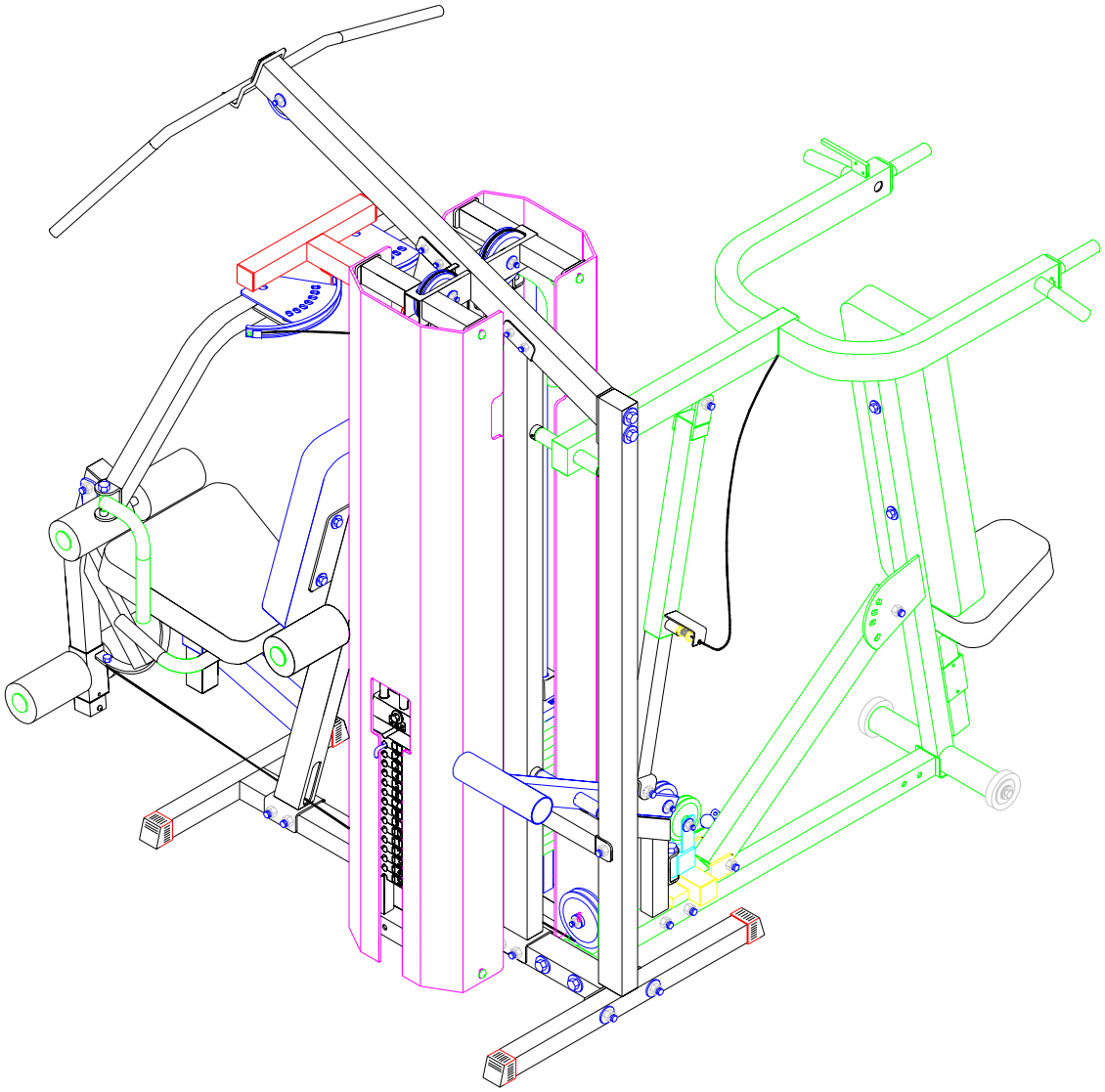
PARABODY

Serious Steel

445104 425 SECOND STACK OPTION



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF Serious steel!

Please note:

* Thank you for purchasing the Parabody 445104 Second Stack Option. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

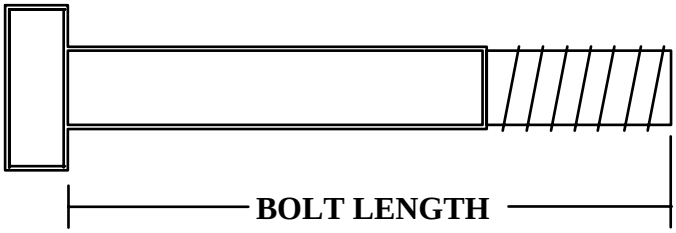
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

Tools Required for Assembly

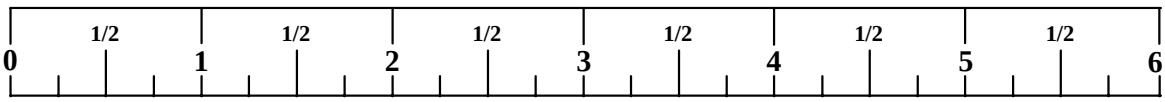
* Rubber mallet or hammer
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* 7/32” Allen wrench
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



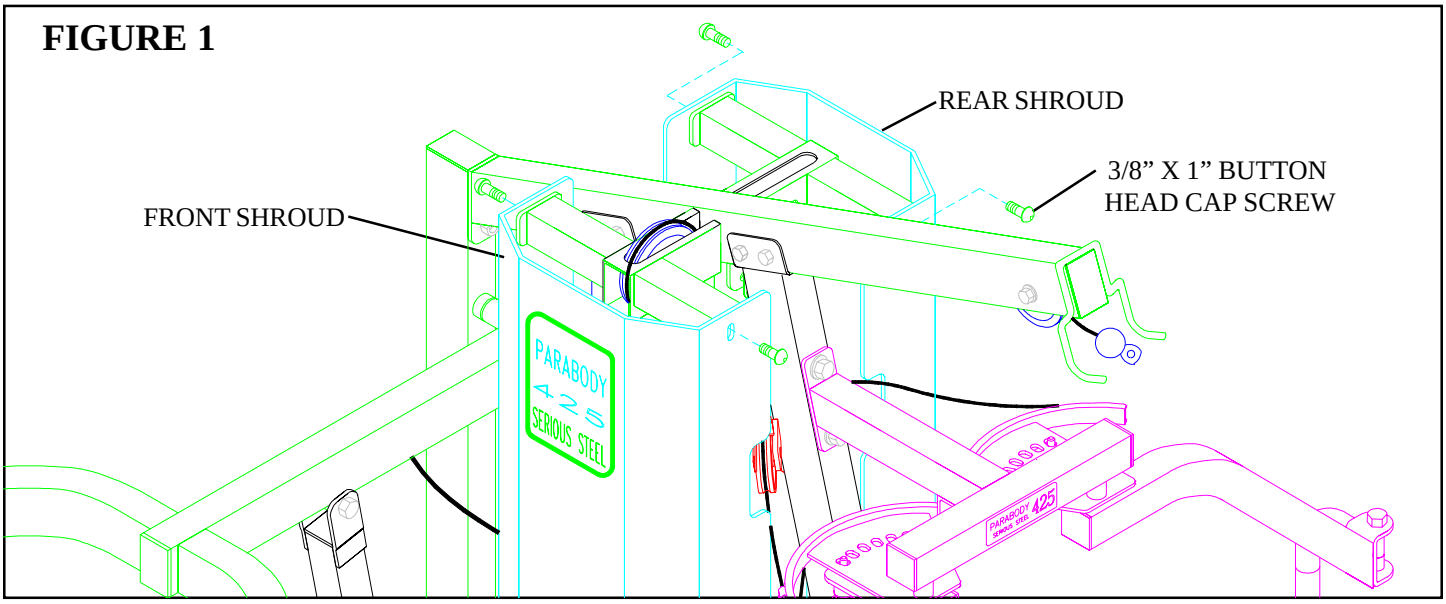
BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6523401	GUIDE ROD	2	11	3102909	3/8 X 1" BOLT	1
2	6266001	WEIGHT STACK SHAFT	1	12	6480301	3/8" FLANGE SPACER	2
3	6375902	1-1/4 SQ. X 4-7/8" TUBE	2	13	3102922	3/8 X 2-3/4" BOLT	1
4	6714601	HEAD PLATE	1	14	3102901	3/8 X 1-1/4" BOLT	1
5	6747501	PRESS-STACK CABLE	1	15	3102503	3/4" WASHER	2
6	3116101	4-1/2" PULLEY	1	16	6214501	WEIGHT PLATE	15
7	6214401	WEIGHT STACK PIN	1	17	6382301	WEIGHT PLATE BUSHING 10 CT.	3
8	3108002	WEIGHT STACK CUSHION	2	18	6189501	WEIGHT STACK LABEL	1
9	3117401	CAP PLUG	4	19	3102802	3/8" LOCK NUT	1
10	3102501	3/8" WASHER	1				

FIGURE 1



STEP 1

- **REMOVE** the four 3/8" X 1" BUTTON HEAD CAP SCREWS from the top of the front SHROUD & rear SHROUD. See FIGURE 1.

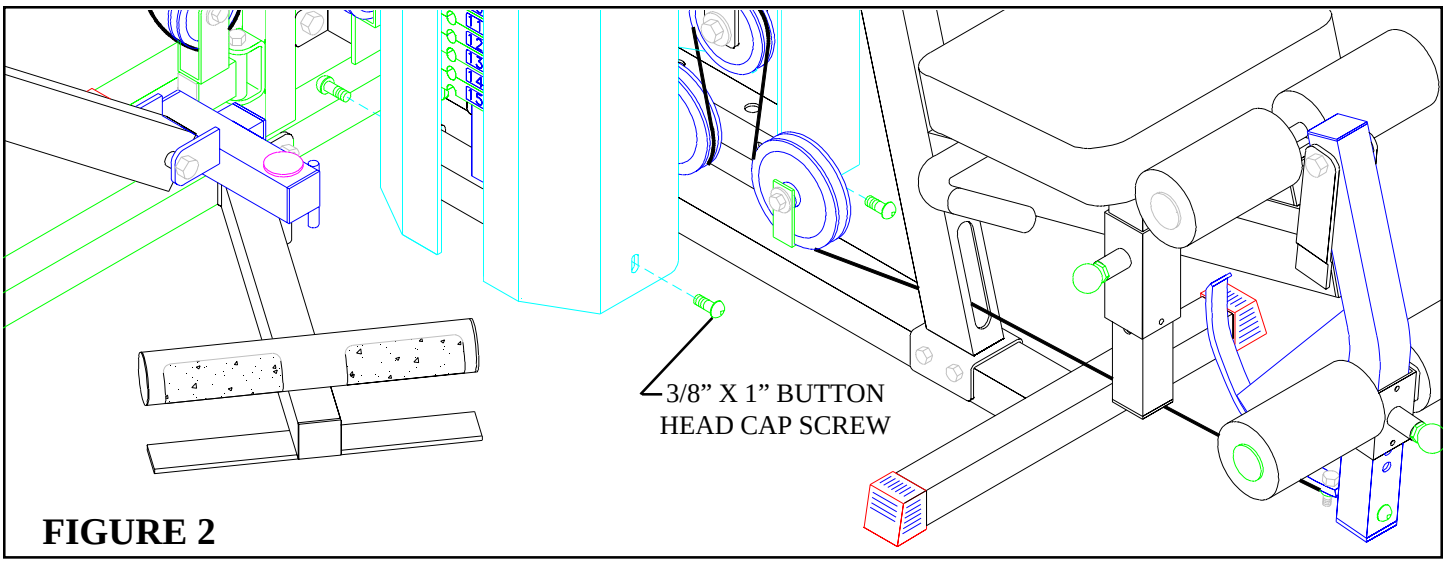


FIGURE 2

STEP 2

- **REMOVE** the four 3/8" X 1" BUTTON HEAD CAP SCREWS from the bottom of the front SHROUD & rear SHROUD. Remove the SHROUDS from the 425103 HOME GYM. See FIGURE 2.

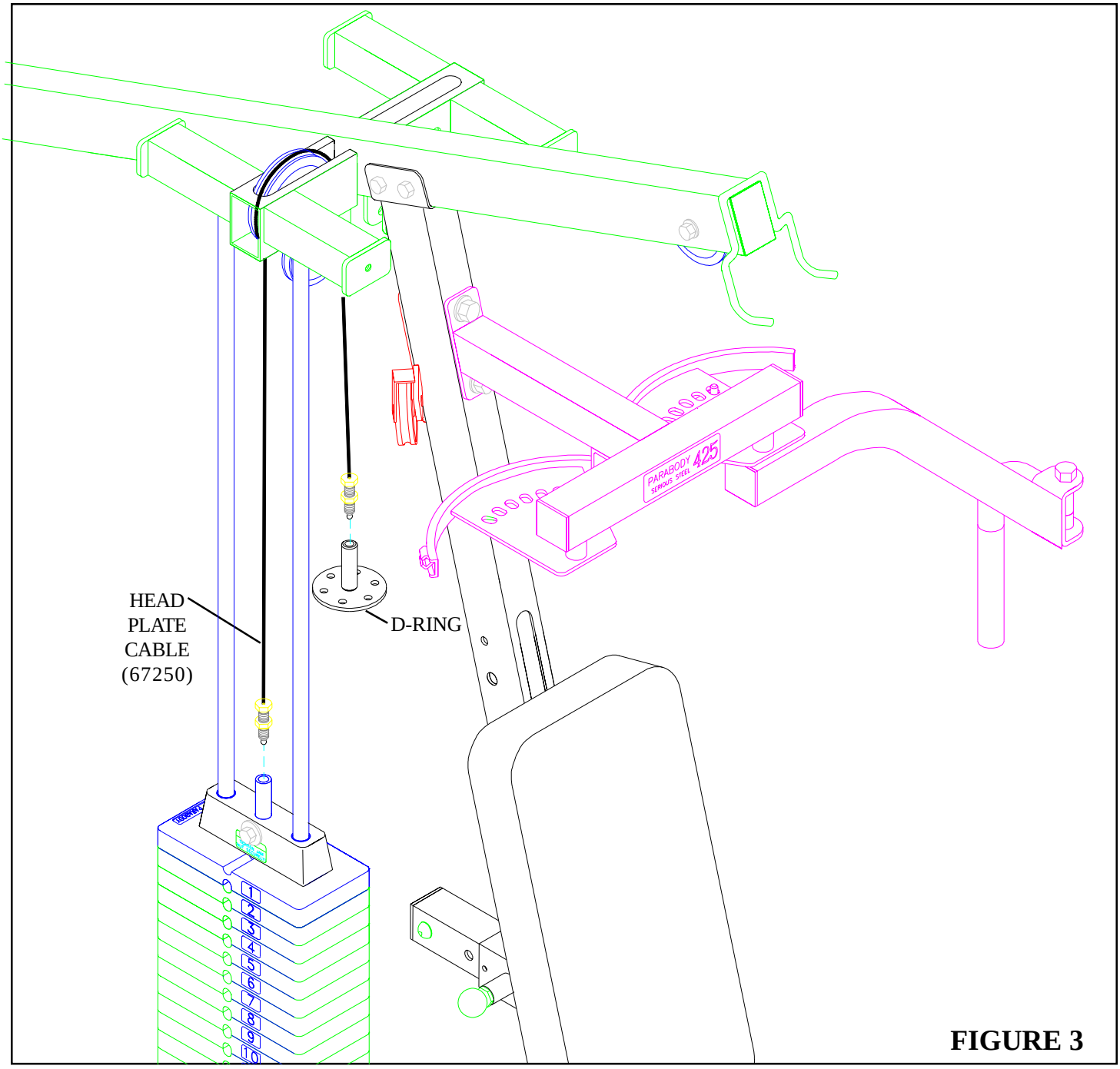


FIGURE 3

STEP 3

- Unscrew the threaded ends of the HEAD PLATE CABLE from the WEIGHT STACK SHAFT & the D-RING and remove HEAD PLATE CABLE. The HEAD PLATE CABLE will be used later. See FIGURE 3. **(NOTE: Remove pulleys for ease of removal.)**

STEP 4

- Remove the PRESS CABLE (67249) from the KEYHOLE CLEVIS and ELASTIC CORD. **(NOTE: The LAT or LEG EXT CABLE can be moved over one hole on the D-RING so the KEYHOLE CLEVIS are evenly spaced .)**

- Discard the KEYHOLE CLEVIS and ELASTIC CORD.

FIGURE 4

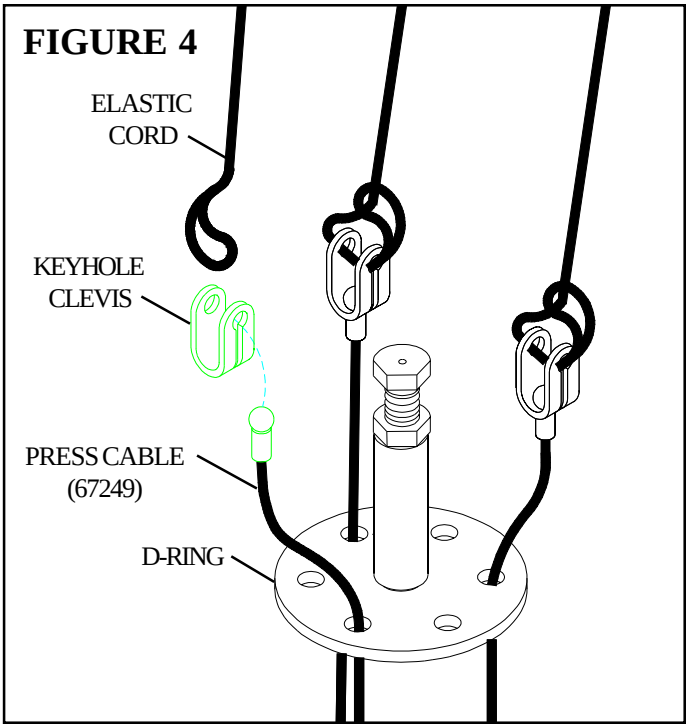
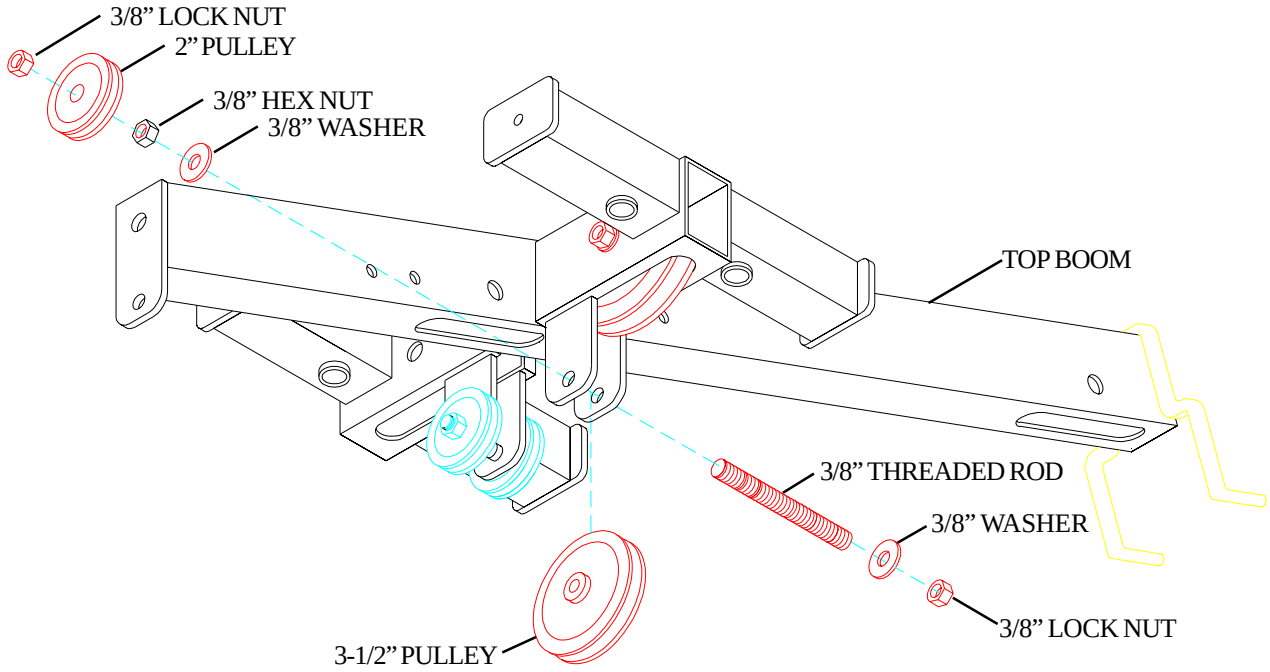
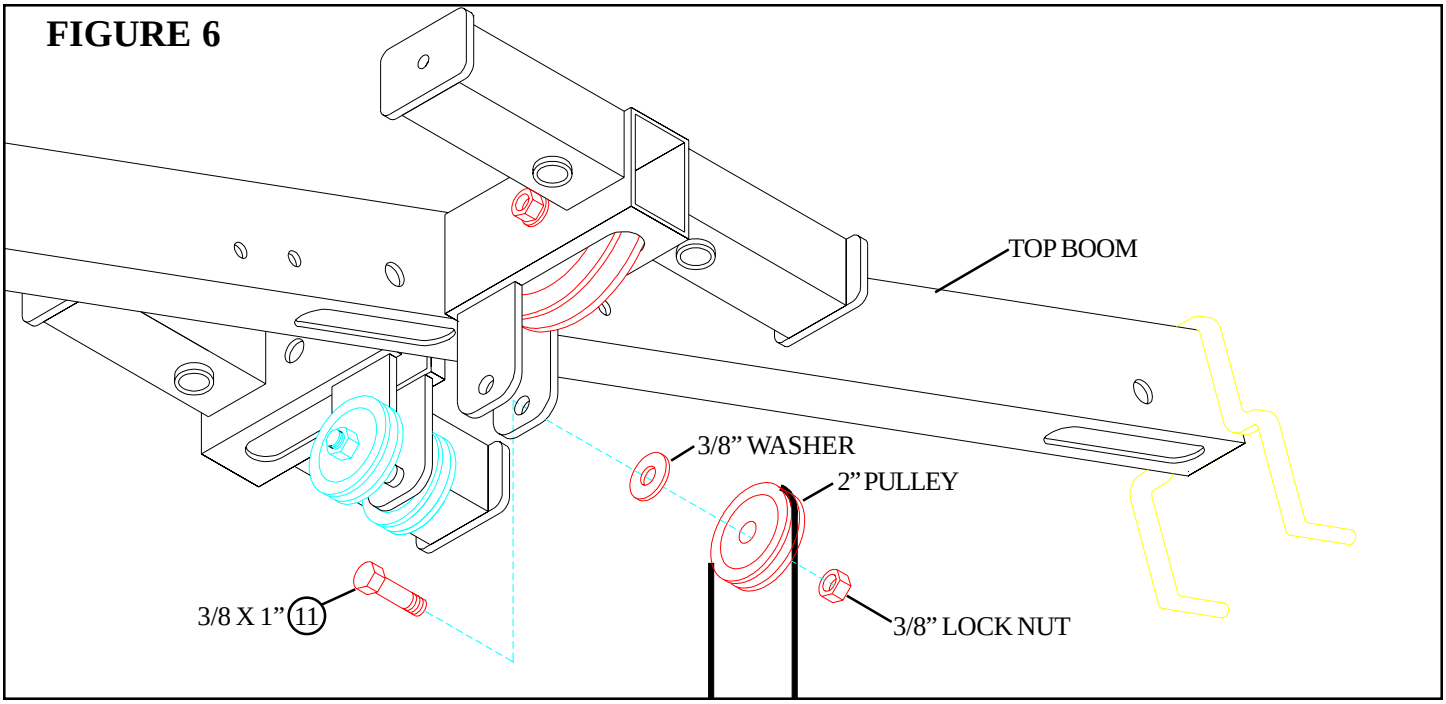


FIGURE 5



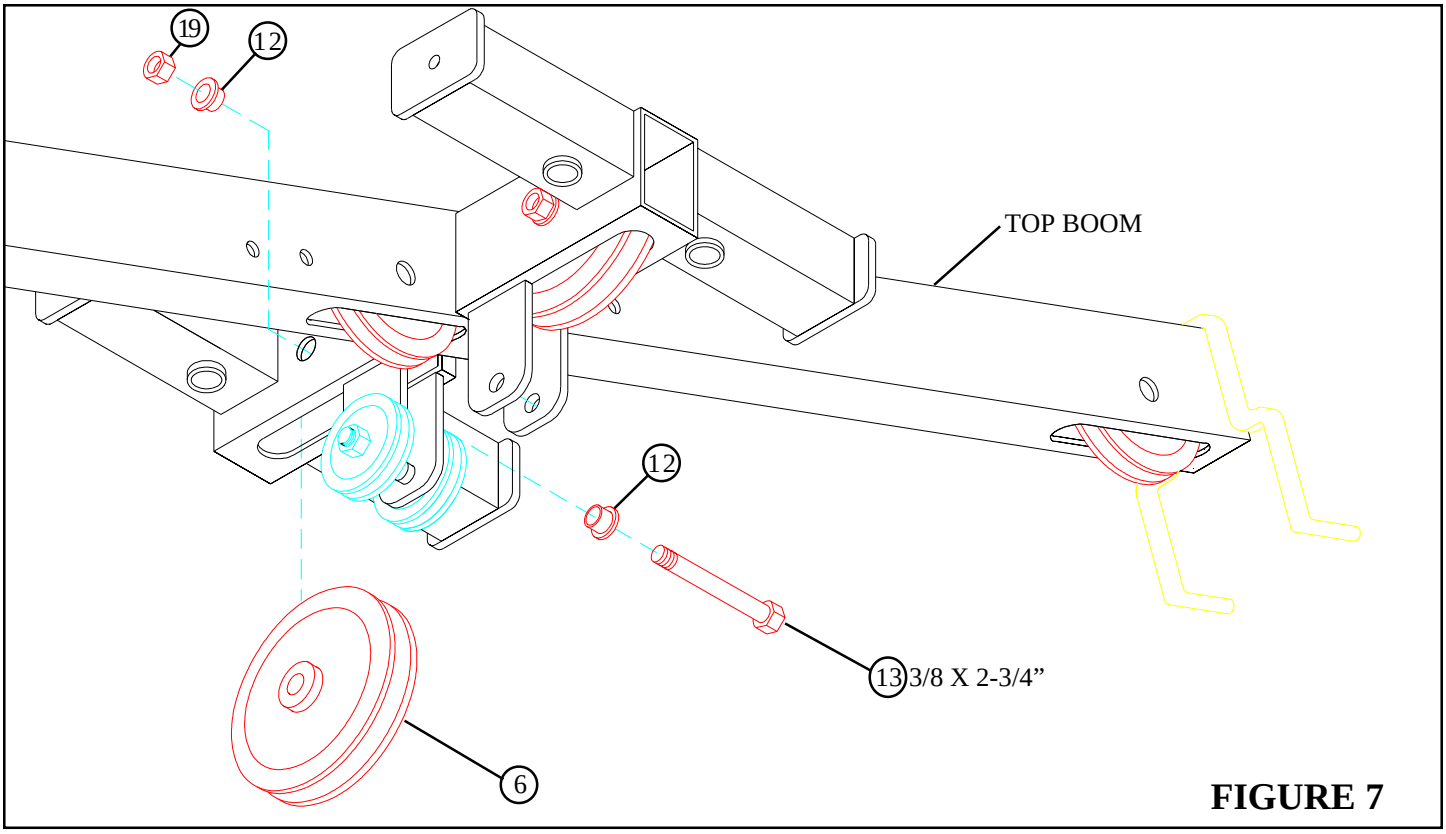
STEP 5

- Remove one 3-1/2" PULLEY, one 3/8" THREADED SHAFT, two 3/8" WASHERS, one 2" PULLEY (two if the 435104 is installed), one 3/8" HEX NUT and two 3/8" LOCK NUTS from the bracket on the TOP BOOM. See FIGURE 5.
- Discard the 3-1/2" PULLEY and the 3/8" THREADED SHAFT.
- **(NOTE: If the 435101 LEG PRESS OPTION is installed proceed to STEP 6 otherwise proceed to STEP 7.)**



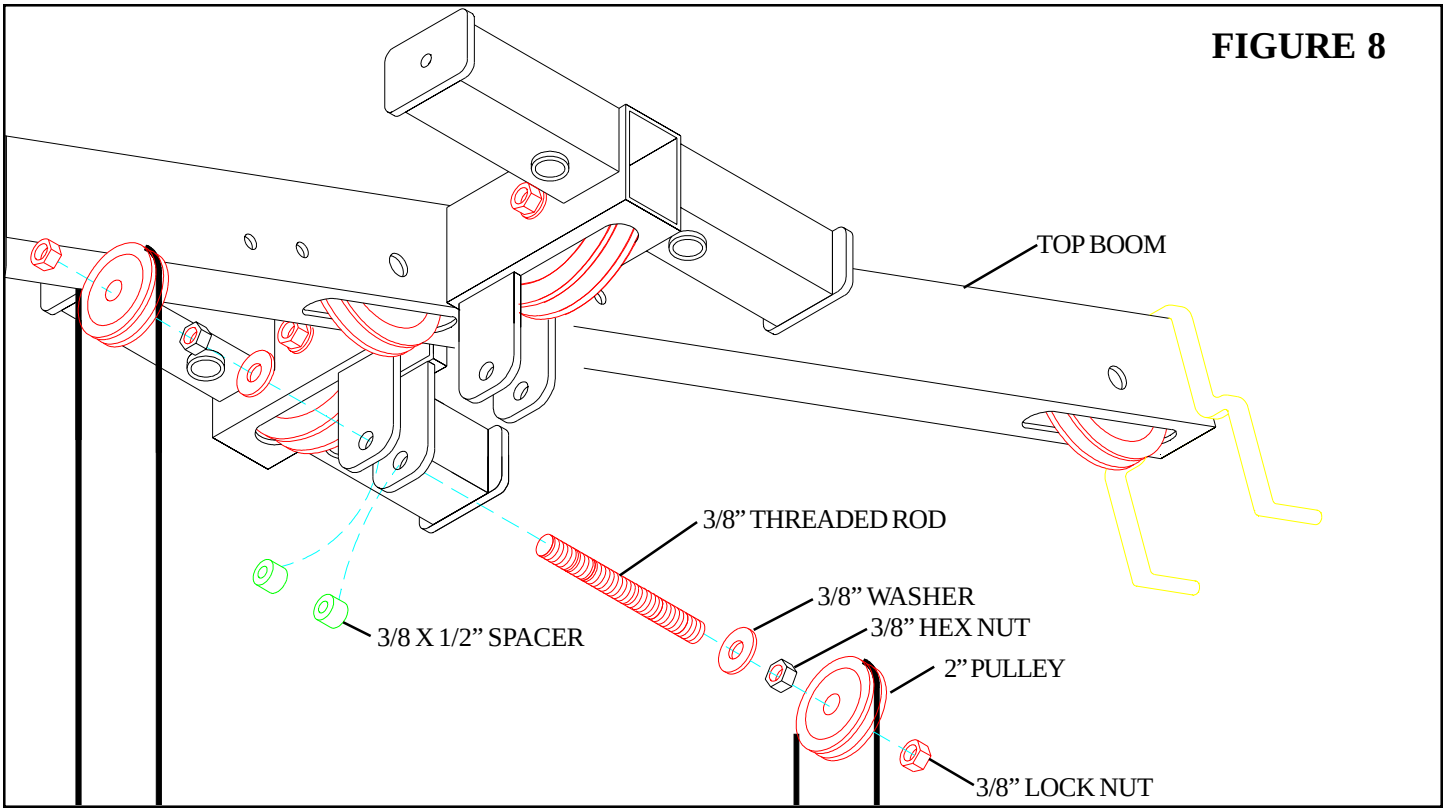
STEP 6

- **(NOTE: STEP 6 is only if the 435101 LEG PRESS OPTION is installed otherwise proceed to STEP 7.)**
- Assemble the previously removed 2" PULLEY to the bracket on the TOP BOOM using one 3/8 X 1" BOLT (11), one previously removed 3/8" WASHER, and one previously removed 3/8" LOCK NUT. See FIGURE 6.
- Assemble the previously removed ELASTIC CORD over the 2" PULLEY as shown in FIGURE 6.



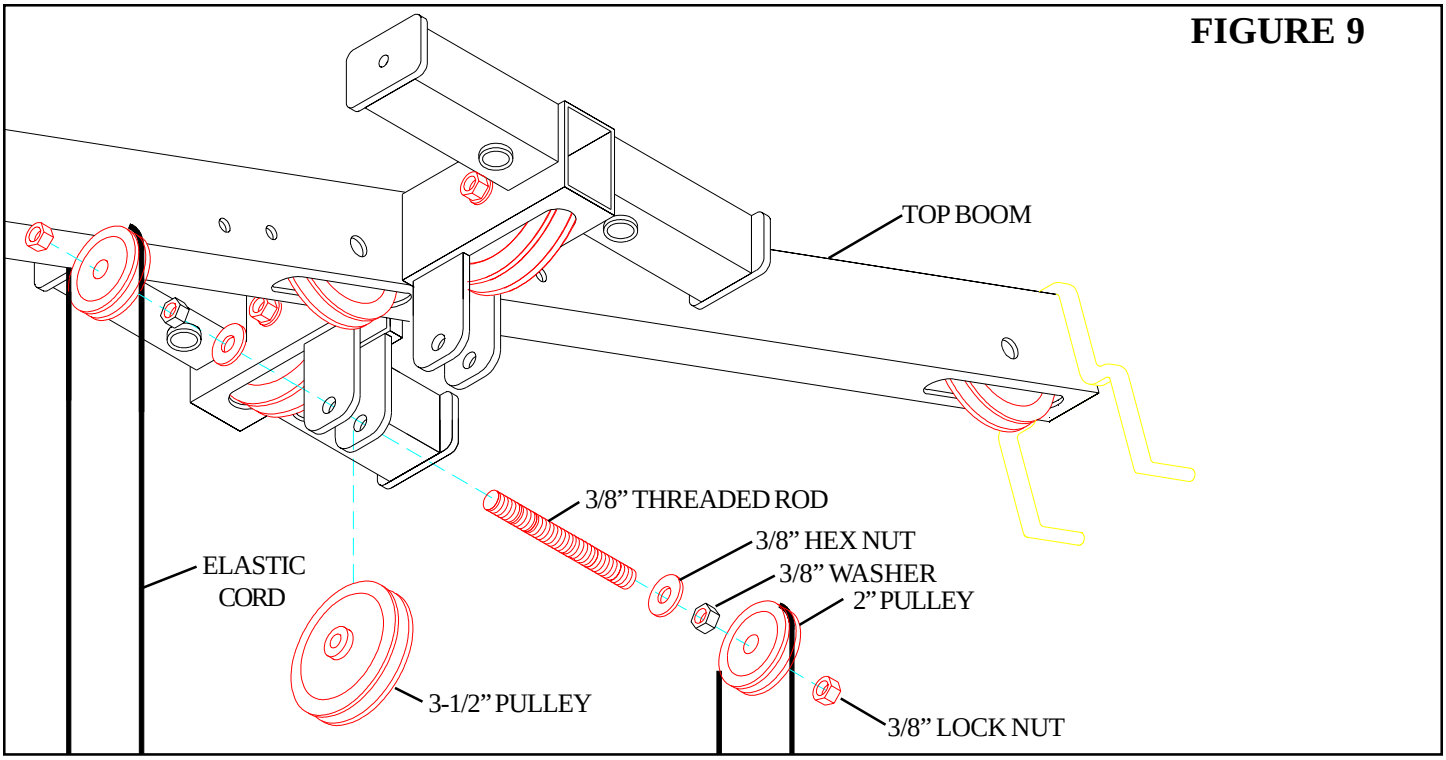
STEP 7

- **LOOSELY** assemble one 4-1/2" PULLEY (6) to the TOP BOOM using one 3/8 X 2-3/4" BOLT (13), two 3/8" FLANGE SPACERS (12), and one 3/8" LOCK NUT (19). See FIGURE 7.



STEP 8

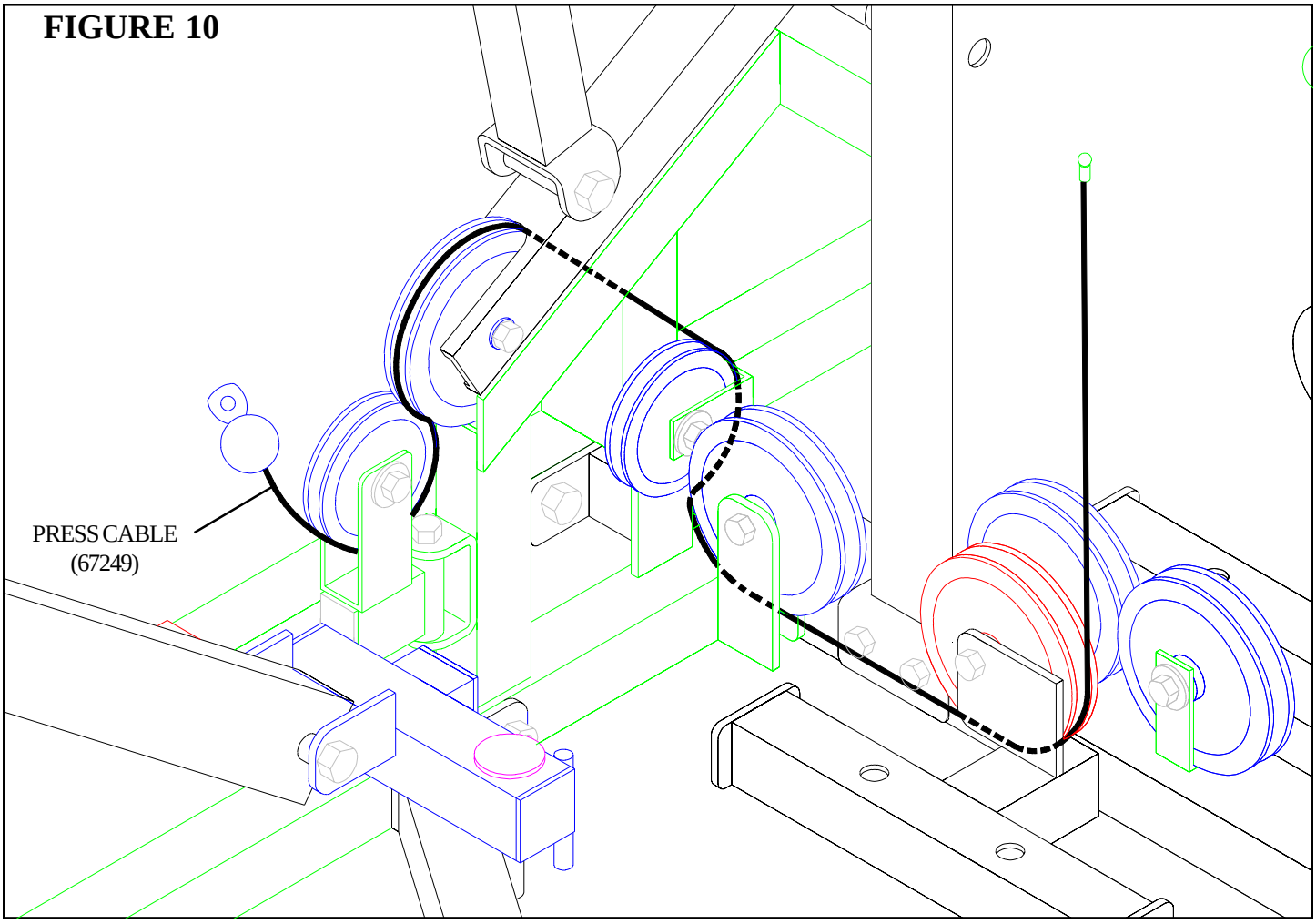
- Remove two 2" PULLEYS (5) to the rear bracket on the TOP BOOM using one 3/8" THREADED SHAFT (9), two 3/8" WASHERS, two 3/8" HEX NUTS (8), and two 3/8" LOCK NUTS (7) as shown in FIGURE 8.
- Discard the two 3/8 X 1/2" SPACERS.



STEP 9

- **SECURELY** assemble the two previously removed 2" PULLEYS, one previously removed 3/8" THREADED SHAFT, one previously removed 3-1/2" PULLEY, two previously removed 3/8" WASHERS, two previously removed 3/8" HEX NUTS, and two previously removed 3/8" LOCK NUTS to the rear bracket on the TOP BOOM as shown in FIGURE 9.
- Position the elastic cords over the 2" PULLEYS as shown in FIGURE 9.

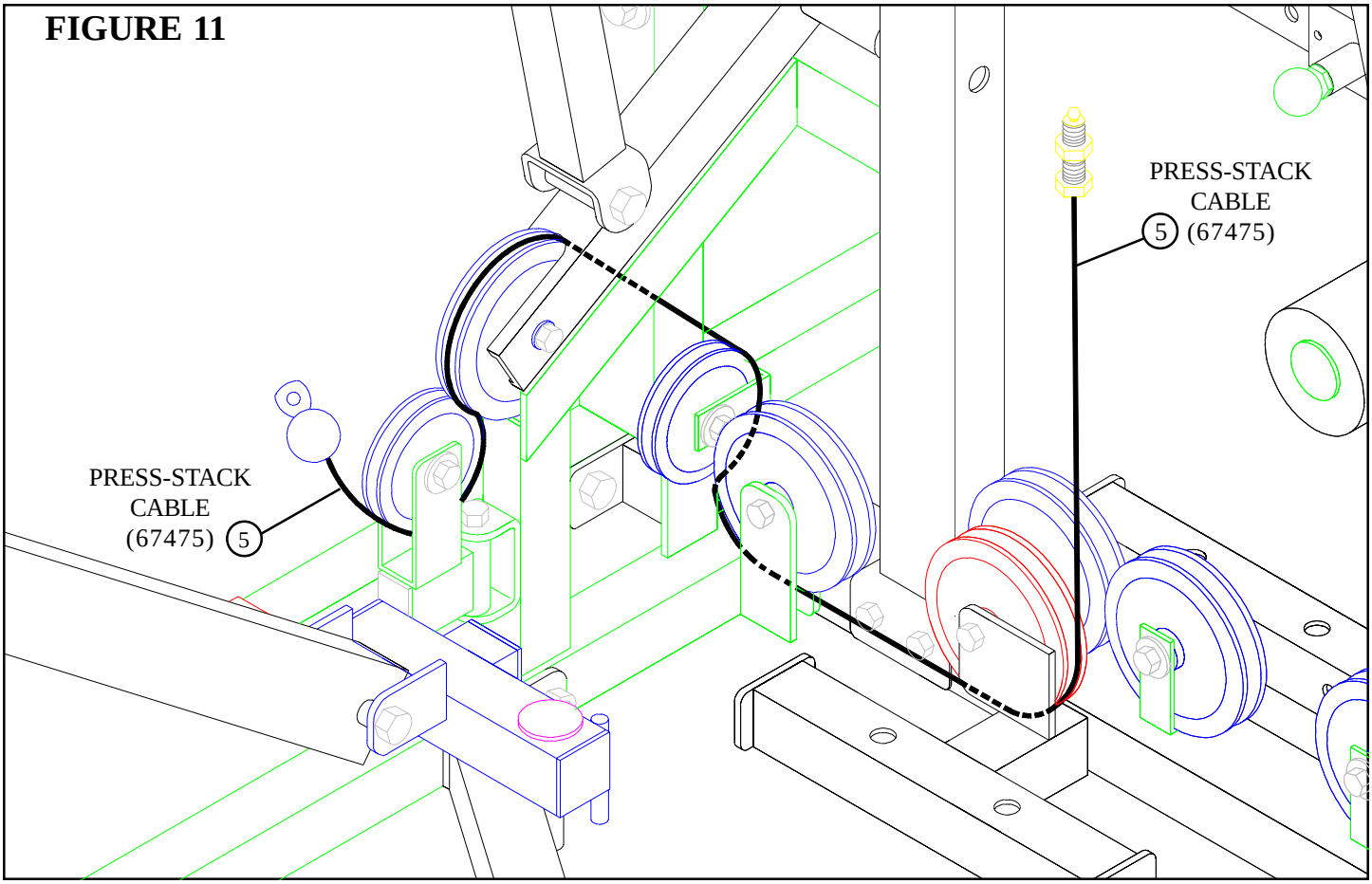
FIGURE 10



STEP 10

- **Carefully** remove and discard the PRESS CABLE as shown in FIGURE 10.

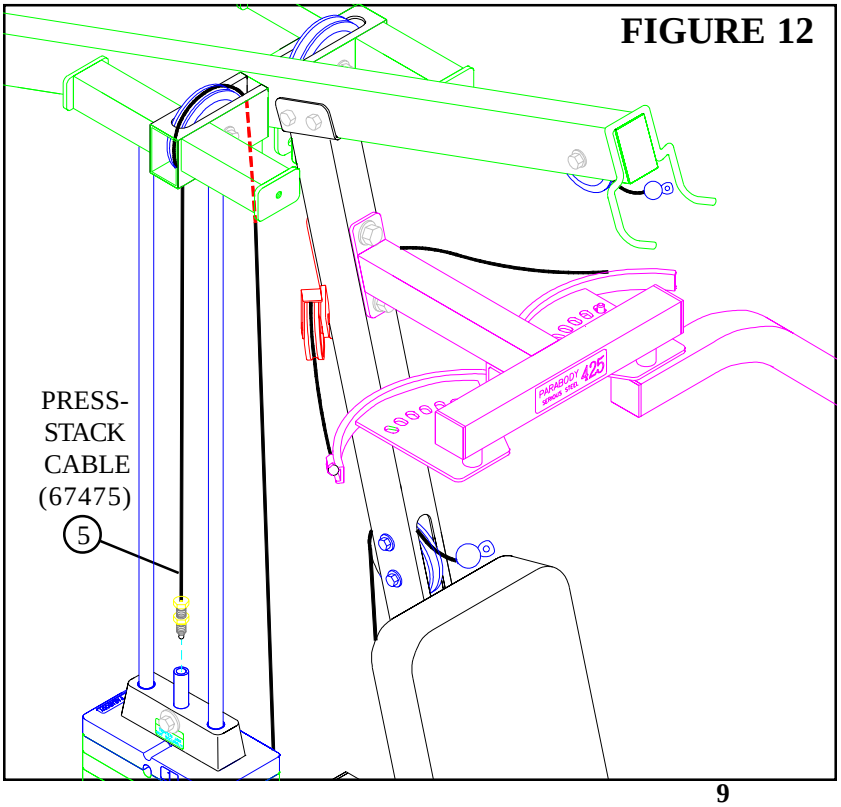
FIGURE 11



STEP 11

- Route the new PRESS-STACK CABLE (5) around the pulleys and l-brackets as shown in STEP 11. **(Remove pulleys for ease of installation.)**

FIGURE 12



STEP 12

- **To assemble the PRESS-STACK CABLE (5) follow the cable routing as shown and use the following steps:**
  - Route the thread end of PRESS-STACK CABLE (5) up and over the PULLEY in the TOP BOOM above the WEIGHT STACK. **(Remove pulley for ease of installation.)**
  - Screw the threaded end of the PRESS-STACK CABLE (5) approximately 1" into the end of the SELECTOR SHAFT of the HEAD PLATE on the WEIGHT STACK as shown in FIGURE 12.
  - **SECURELY** tighten the pulley connection from the previous step.

STEP 13

- Insert two WEIGHT PLATE BUSHINGS (17) into the top side of each of the fifteen WEIGHT PLATES (16) as shown in FIGURE 13.

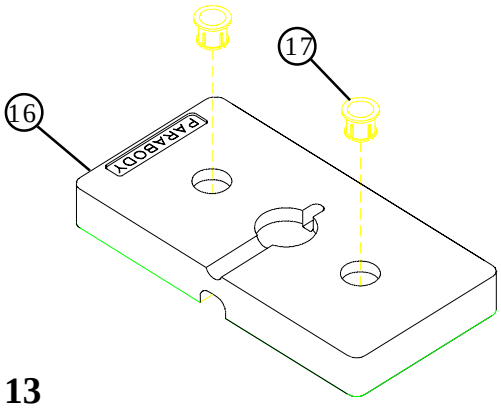
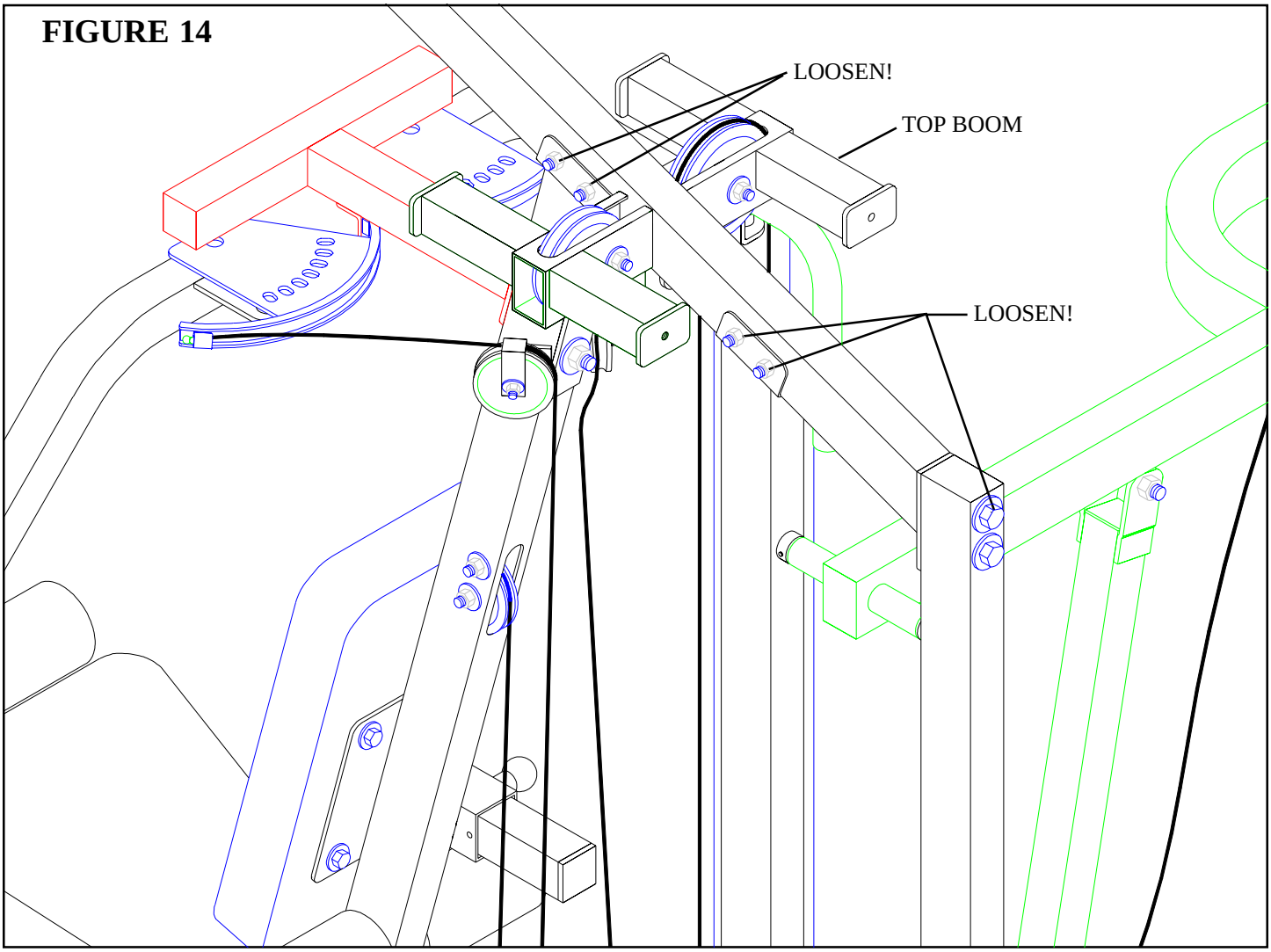


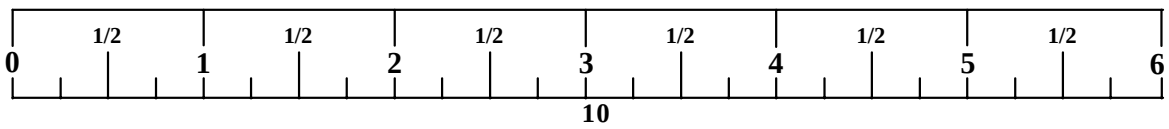
FIGURE 13

FIGURE 14



STEP 14

- **LOOSEN** the bolts holding the TOP BOOM to the UPRIGHTS. Bolts will have to be removed to install GUIDE RODS (1). See FIGURE 14.



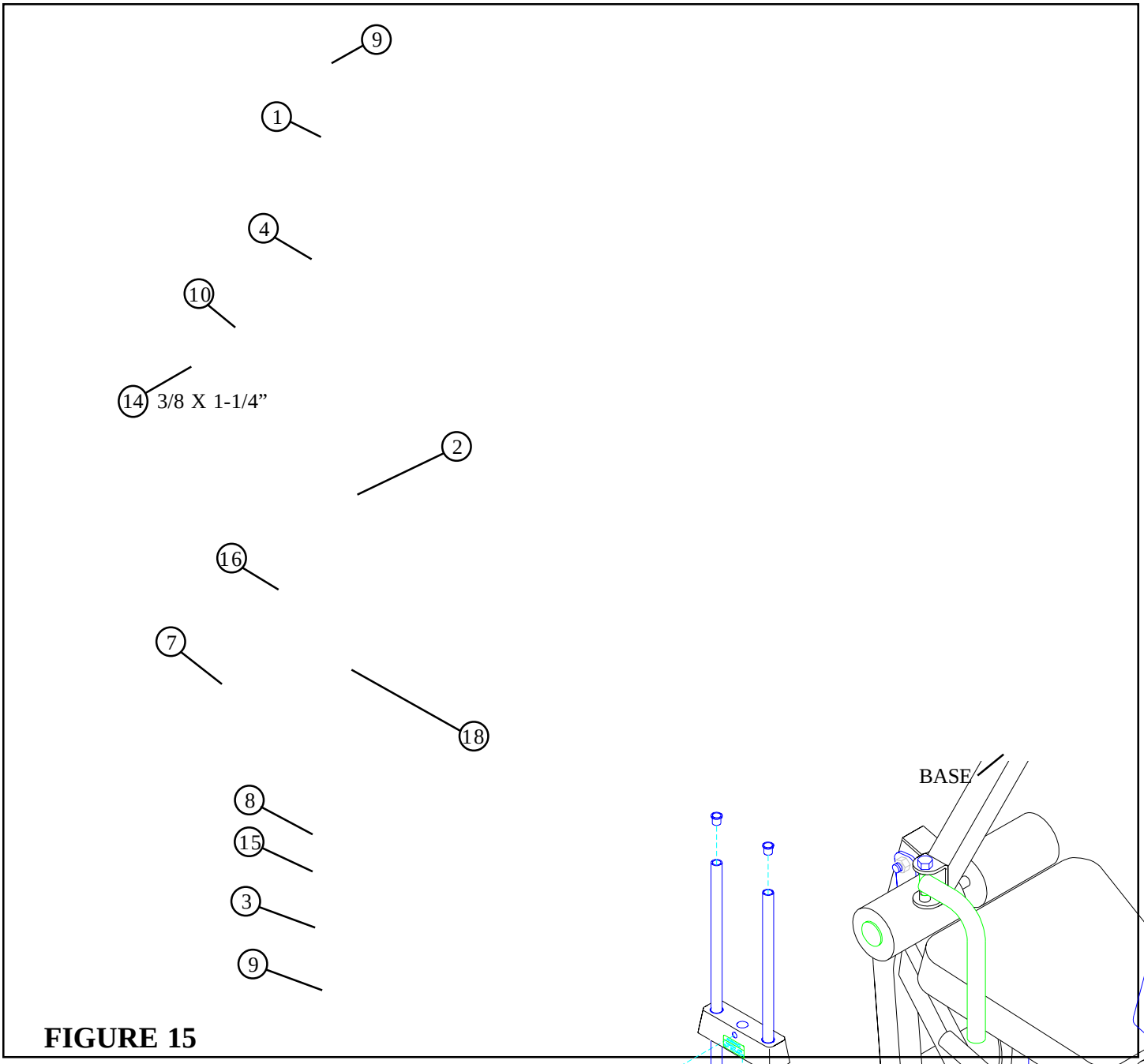


FIGURE 15

STEP 15

- Insert four CAP PLUGS (9) into the top and bottom ends of the GUIDE RODS (1) as shown in FIGURE 15.
- **SECURELY** assemble the WEIGHT STACK SHAFT (2) to the HEAD PLATE (4) using one 3/8 X 1-1/4” BOLT (14) and one 3/8” WASHER (10).
- Insert two GUIDE RODS (1) into the BASE as shown on FIGURE 15. **(NOTE: Lubricate GUIDE RODS (1) with silicon or teflon spray available at most hardware stores.)**
- Slide two 1-1/4 SQ. X 4-7/8” TUBES (3), two 3/4” WASHERS (15), and two WEIGHT STACK CUSHIONS (8) - **IN THAT ORDER** - down over the GUIDE RODS (1).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (16) down over the GUIDE RODS (1) on to the WEIGHT STACK CUSHIONS (8). Make sure that the keyholes of the WEIGHT PLATES (16) are all facing the right way. **(NOTE: If the359101 50 LB. ADD-KIT is purchased refer to the 359101 ASSEMBLY INSTRUCTIONS now.)**
- Slide the head plate assembly down over the GUIDE RODS (1) onto the weight stack.
- Attach the WEIGHT STACK LABELS (18) to the weight stack. Also insert the WEIGHT STACK PIN (7) into the first WEIGHT PLATE (16) of the weight stack.

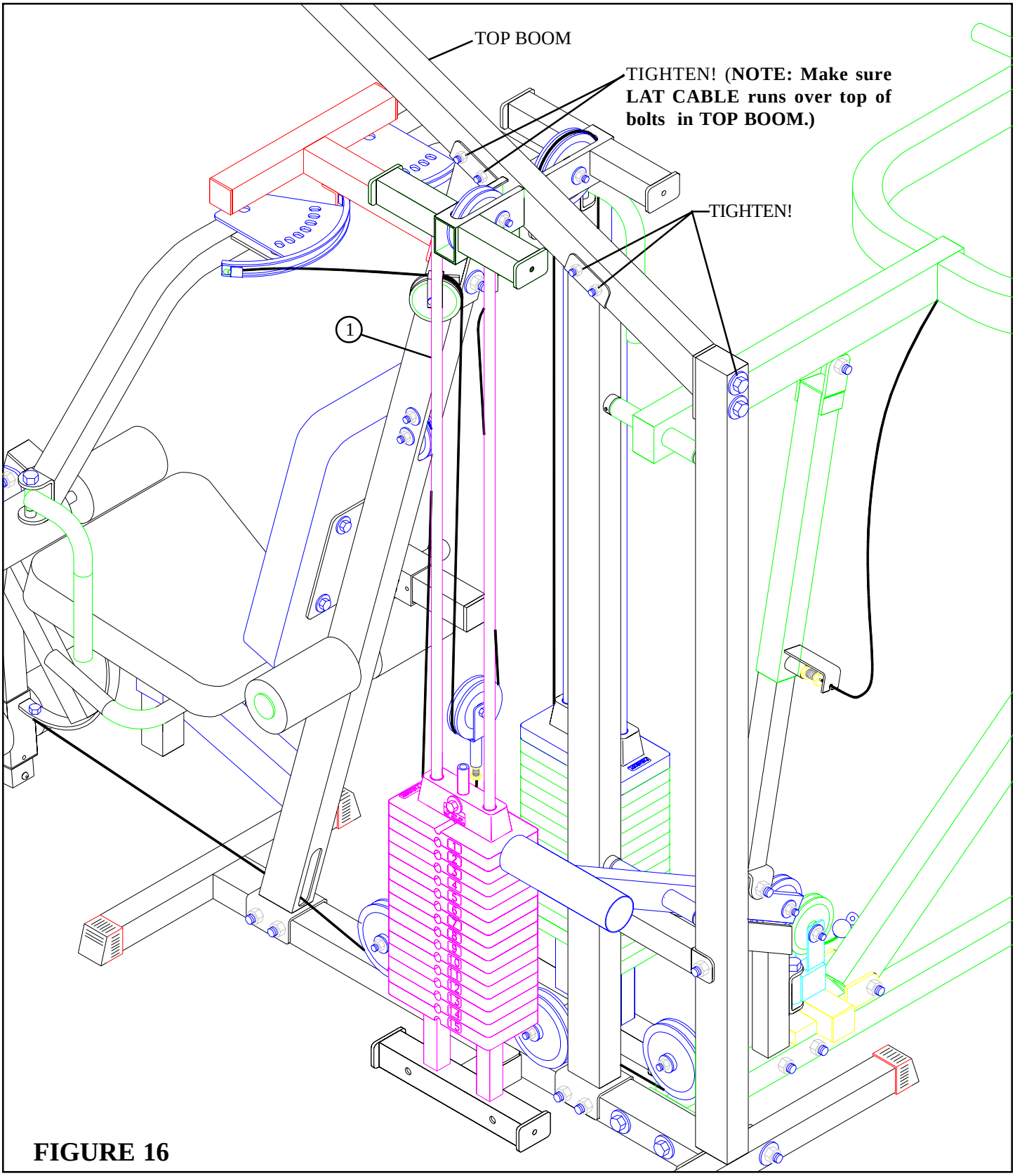
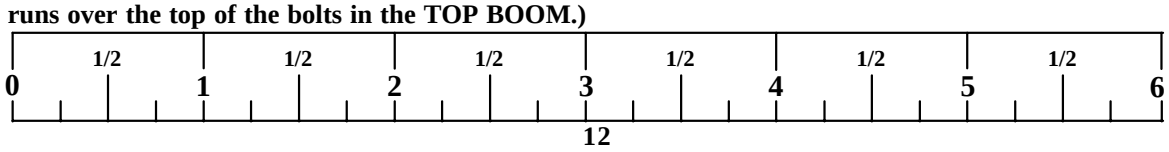


FIGURE 16

STEP 16

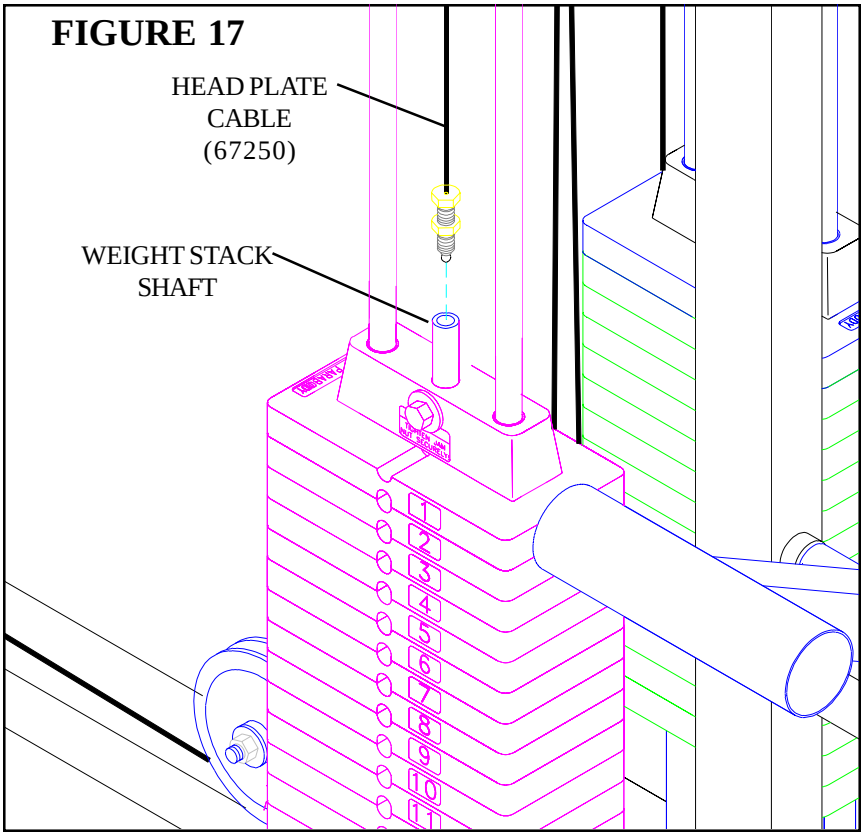
- **CAREFULLY** lift or tilt the TOP BOOM and insert all GUIDE RODS into the bushings. See FIGURE 16.
- With the GUIDE RODS (1) securely held in the TOP BOOM. Tighten all TOP BOOM connections. **(NOTE: Make sure the LAT CABLE runs over the top of the bolts in the TOP BOOM.)**



STEP 17

- Screw one of the threaded ends of the previously removed HEAD PLATE CABLE approximately 1" into the end of the WEIGHT STACK SHAFT. See FIGURE 17.

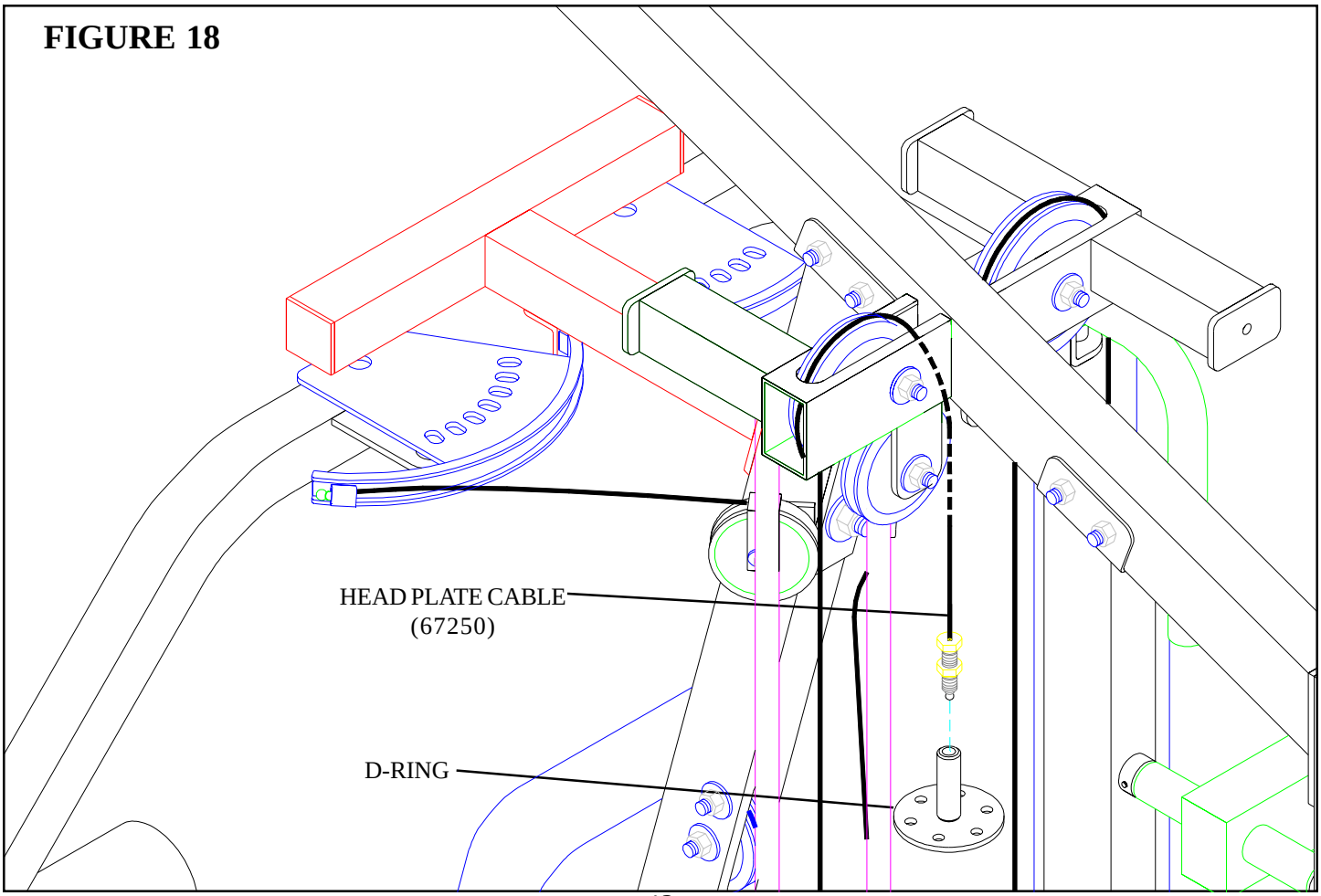
FIGURE 17



STEP 18

- Route the thread end of HEAD PLATE CABLE up and over the PULLEYS in the TOP BOOM above the WEIGHT STACK. **(Remove pulleys for ease of installation.)**
- Screw the other threaded end of the HEAD PLATE CABLE approximately 1" into the end of the shaft on the D-RING. See FIGURE 18.
- **SECURELY** tighten the pulleys connection from the previous step.
- Adjust out any slack in the two cable systems. (Refer to your 425104 instructions for the proper procedures.)

FIGURE 18



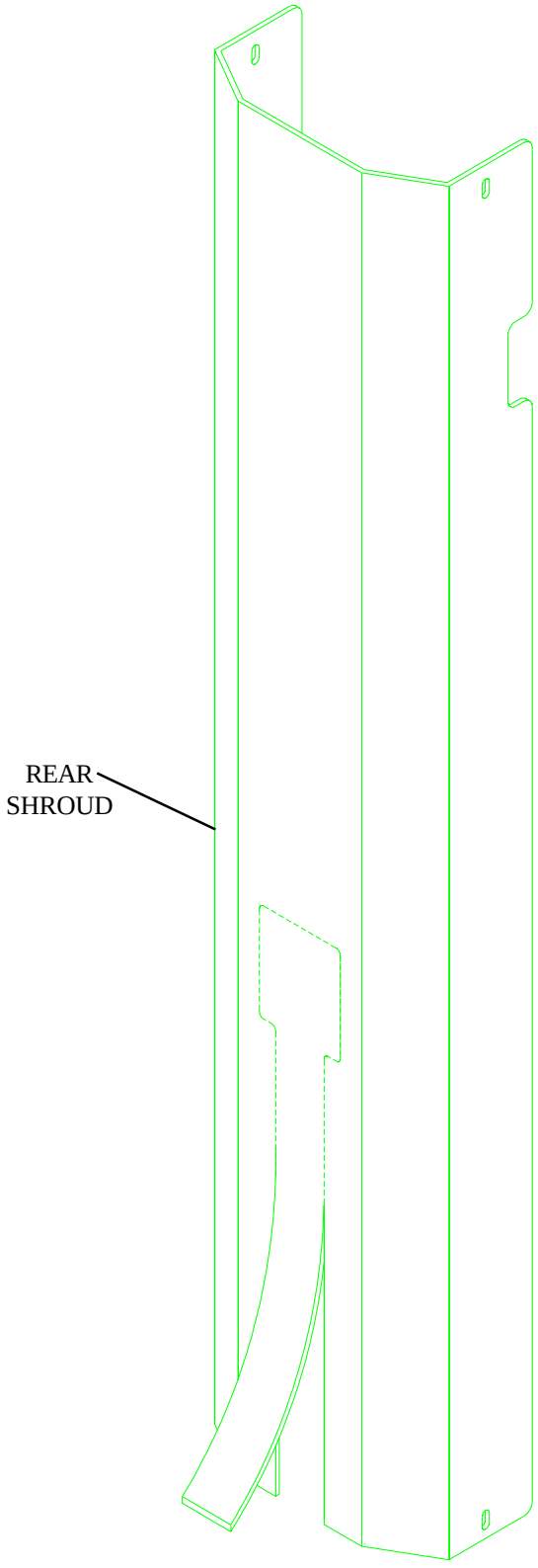


FIGURE 19

STEP 19

- The rear SHROUD opening must be removed. Apply pressure to the bottom of the SHROUD where the “V” groove is and carefuly remove the weight stack opening on the plastic SHROUD as shown in FIGURE 19.

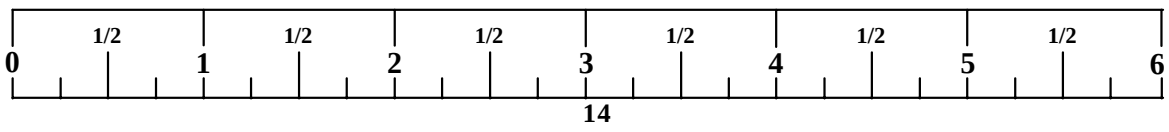
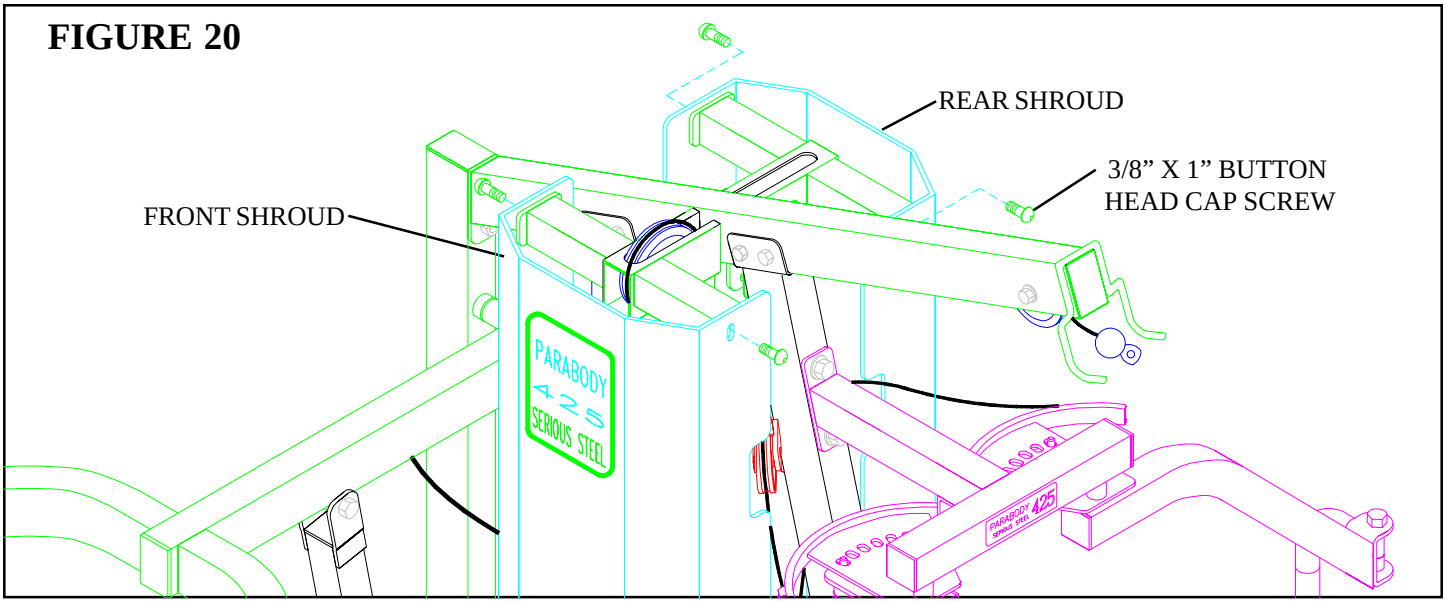


FIGURE 20



STEP 20

- **SECURELY** attach the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS from the top of the front SHROUD & rear SHROUD. See FIGURE 20.

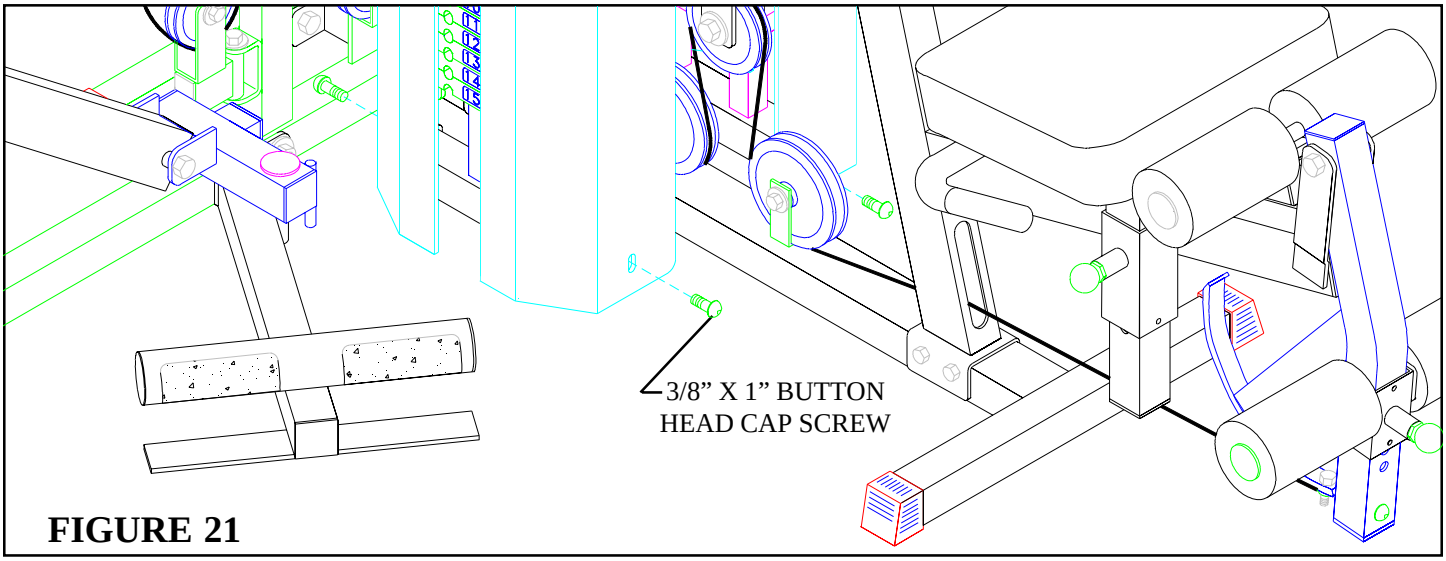


FIGURE 21

STEP 21

- **SECURELY** attach the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS from the bottom of the front SHROUD & rear SHROUD. Remove the SHROUDS from the 425103 HOME GYM. See FIGURE 21.
- The PRESS STATION and SWIVEL LOW PULLEY are now operated with the front stack and the LAT, PEC, and LEG STATION are now operated with the rear stack.

Thank you for purchasing the Parabody 445104 Second Stack Option. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.